



Educate Yourself!

Educating yourself is the best line of defense in preventing the flu.

Dr. Damon T. Arnold, state public health director, says...

"Get your seasonal flu shot and get your H1N1 vaccination when it's available."

Remember the 3 Cs:

- Clean** – wash your hands frequently to prevent the spread of germs.
- Cover** – your cough and sneeze with a tissue or sleeve, not your hand.
- Contain** – contain your germs. Stay home if you are sick.



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Flu Preparedness is a Shared Responsibility

Keep yourself well informed about the flu at:
www.ready.illinois.gov
www.flu.gov

Illinois Flu Hotline for non-medical questions:
866-848-2094 (English) • 866-241-2138 (Spanish)

For more information,
contact your health care provider or local health department.

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